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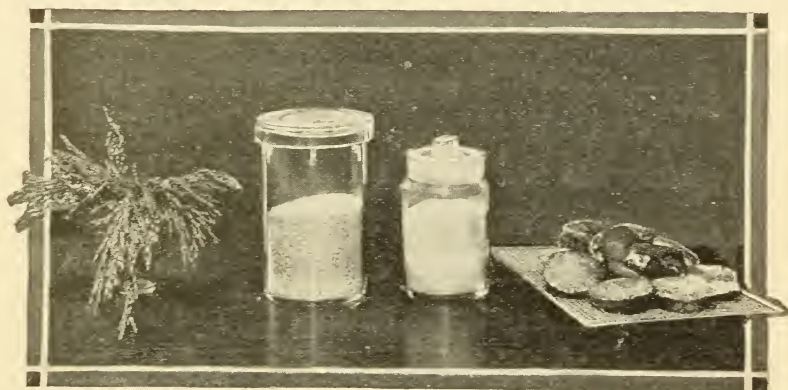
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UNITED STATES DEPARTMENT OF AGRICULTURE

OFFICE OF THE SECRETARY—Circular No. 119

# Use Rice Flour to Save Wheat



Rice heads

Rice grain

Rice flour

Rice flour cakes

Contribution from  
THE STATES RELATIONS SERVICE

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**R**ICE FLOUR, which before the wheat shortage was used only by caterers and bakers in small amounts, is now being manufactured in larger quantities to help meet the need of wheat substitutes. Housekeepers as well as bakers are learning to use it for bread, cake, and cookie making. Recipes for its use are given in this circular.

# USE RICE FLOUR TO SAVE WHEAT.

**O**WING to the great demand for substitute flours to help meet the shortage of wheat flour due to the war, rice flour is being manufactured in quantities.

Rice flour is made from highly milled table rice and from the grains that are broken in milling, by crushing them to a fine flour.

The whiteness of rice flour commends it for use by the baker and caterer, and in the effort to save wheat housewives as well as bakers are learning to use this product in breads, cakes, and cookies alone or combined with other substitutes.

The recipes which follow have been tested in the Experimental Kitchen of the Department of Agriculture, Office of Home Economics, and the U. S. Food Administration, Home Conservation Section.

## RECIPES USING RICE FLOUR.

### RICE-FLOUR WAFFLES.

- |                                  |                            |
|----------------------------------|----------------------------|
| 1 $\frac{3}{4}$ cups rice flour. | 1 $\frac{1}{2}$ cups milk. |
| 1 teaspoon salt.                 | 3 tablespoons melted fat.  |
| 3 teaspoons baking powder.       | 2 eggs.                    |

Sift the dry ingredients together and add slowly to the milk, beaten egg yolks, and melted fat. Fold in stiffly beaten whites and cook in hot well-greased waffle irons.

### BARLEY AND RICE-FLOUR MUFFINS.

- |                                    |                          |
|------------------------------------|--------------------------|
| 7 $\frac{1}{8}$ cup rice flour.    | 1 tablespoon sugar.      |
| 1 $\frac{3}{8}$ cups barley flour. | 1 cup milk.              |
| 4 teaspoons baking powder.         | 1 egg.                   |
| 1 teaspoon salt.                   | 1 tablespoon melted fat. |

Mix by regular muffin method. Bake in well-greased muffin molds for 35 minutes in moderate oven. For rice flour and oatmeal muffins, in place of 1 $\frac{3}{8}$  cups of barley flour use 1 $\frac{1}{8}$  cups of ground rolled oats.

### SHORTCAKE.

- |                                  |                           |
|----------------------------------|---------------------------|
| 1 $\frac{1}{2}$ cups rice flour. | 4 tablespoons shortening. |
| 4 teaspoons baking powder.       | 1 egg.                    |
| 1 teaspoon salt.                 | 1 cup milk.               |

Mix as you would muffins, bake in layer cake tin, split, and butter while hot. Put a layer of sweetened berries or other fresh fruit between the halves and on top.

### CHOCOLATE NUT COOKIES.

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 $\frac{1}{2}$ cup corn sirup. | 4 tablespoons barley flour.    |
| 2 tablespoons strained honey.   | 1 teaspoon baking powder.      |
| 2 squares chocolate.            | 1 $\frac{1}{2}$ teaspoon salt. |
| 10 tablespoons rice flour.      | 1 teaspoon vanilla.            |

1 $\frac{1}{2}$  cup chopped nut meats.

Mix and drop by the spoonful on greased baking sheets. Bake 15 minutes.

### RICE-FLOUR COCONUT DROP COOKIES.

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 2 eggs well beaten.             | 1 $\frac{1}{2}$ cups rice flour. |
| 1 $\frac{1}{2}$ cup sugar.      | 3 $\frac{3}{4}$ teaspoon salt.   |
| 1 $\frac{1}{4}$ cup corn sirup. | 2 teaspoons baking powder.       |
| 1 tablespoon melted fat.        | 1 cup grated coconut.            |
| 6 tablespoons milk.             | 1 teaspoon vanilla.              |

Mix together and drop by the spoonful on a greased baking sheet and bake 15 minutes in a moderate oven.

### APPLE SAUCE CAKE.

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 3 $\frac{1}{4}$ cup sugar.      | 1 $\frac{3}{4}$ cups rice flour. |
| 1 $\frac{1}{2}$ cup shortening. | 1 $\frac{1}{4}$ teaspoon spice.  |
| 1 cup unsweetened apple sauce.  | 1 teaspoon cinnamon.             |
| 1 teaspoon soda.                | 1 $\frac{1}{2}$ teaspoon nutmeg. |
| 1 $\frac{1}{2}$ teaspoon salt.  | 1 cup raisins chopped fine.      |

Mix and bake for 1 hour in a loaf pan in a moderate oven.

## RICE-FLOUR ANGEL CAKE.

8 egg whites.	2/3 cup rice flour.
1 teaspoon cream of tartar.	1/2 teaspoon salt.
1 cup sugar.	1 teaspoon vanilla.

Beat whites until frothy, then add cream of tartar and continue beating until eggs are very stiff. Add the sugar and vanilla carefully, then fold in the rice flour. Bake 40 minutes in a moderate oven in an angel-cake pan.

## GOLD CAKE.

4 egg yolks.	1/3 cup rice flour.
1/2 teaspoon cream of tartar.	1/4 teaspoon salt.
1/2 cup sugar.	1/2 teaspoon vanilla.
	1 tablespoon lemon juice.

Beat the yolks until light, add cream of tartar, lemon juice, sugar, vanilla, and the dry ingredients sifted together. Bake in muffin molds in moderate oven.

## SPONGE CAKE.

3 eggs (yolks and whites beaten separately).	1/4 teaspoon salt.
3/4 cup sugar.	2 teaspoons lemon juice.
1 tablespoon hot water.	1 teaspoon vanilla.
1 1/2 teaspoons baking powder.	7/8 cup rice flour.

This sponge cake can serve as the basis for many desserts. Bake as a loaf cake or in muffin molds. Baked in a thin sheet, spread with soft jelly, and rolled it makes a delicious jelly roll. Serve with a sauce.

Bake in layers and fill with custard filling for a Martha Washington pie or use for a shortcake with fresh fruit between the layers.

## RICE-FLOUR CAKE.

1/4 cup fat.	1 1/2 cup milk.
3/4 cup sugar.	1 teaspoon salt.
2 eggs.	2 teaspoons baking powder.
1/2 cup riced boiled potatoes	1 1/2 cups rice flour.
packed compactly into a cup.	1 teaspoon vanilla.

Mix and bake in muffin molds for cup cakes or in layers or loaf. If baked in layers, a lemon filling is good with it.

*Variation.*—For chocolate cake, add two squares of chocolate to the above recipe.

For spice cake, add 1 teaspoon cinnamon, 1/2 teaspoon nutmeg, and 1 teaspoon spice.

## QUICK NUT BREAD.

1 cup milk.	1 1/4 cups rice flour.
2 tablespoons melted fat.	1 7/8 cups barley flour.
4 tablespoons corn sirup.	4 teaspoons baking powder.
2 eggs.	1 teaspoon salt.
1/2 cup mashed potatoes.	1 cup chopped nuts.

Mix in order given. Bake in loaf pan in a moderate oven for 1 1/4 hours.

## YEAST BREAD.

50 per cent wheat flour and 50 per cent substitutes.

1 1/4 cups liquid.	1 tablespoon corn sirup.
1/2 cup mashed potatoes.	2 teaspoons salt.
1 1/4 cups wheat flour.	1 3/4 cups barley flour.
1/4 cake yeast.	1 1/2 cups rice flour.

Make a sponge of all the ingredients except the rice and barley flour. The potatoes used should be freshly mashed with no fat or milk added. The water in which they are cooked can be used for the liquid. Let this sponge stand in a warm place until very light. If dry yeast is used, set the sponge the night before it is needed.

Add rice flour and barley flour when the sponge is light. Knead and let rise until double in bulk. Knead again, form into loaf and allow to rise until bulk is again doubled. Brush over the top of loaf with melted fat before putting it to rise.

All breads made with substitute flours are better if baked in single-loaf pans or in rolls or buns.

This recipe will make one large loaf. Bake for 1 1/4 hours in a hot oven.



